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TAKE A TRIP TO CALIFORNIA THIS MAY LONG WEEKEND, WITHOUT LEAVING YOUR BACKYARD PAGE 14

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RIOT OFF AND RUNNING

Regina Riot running back Carmen Agar eludes several defenders with the North Winnipeg Nomads Wolfpack while carrying the ball in the first quarter of the home team's opening game of the Western Women's Canadian Football League season on Sunday at Mosaic Stadium. The Riot ran roughshod over the Wolfpack, 41-7. Story, page 3. MARCO VIGLIOTTI/METRO

Cops suspect alcohol behind fatal ATV crash

Saturday. Man dies on scene while teen girl suffers serious injuries

MORGAN MODJESKI
Metro in Saskatoon

Police suspect alcohol was a factor in an all-terrain-vehicle rollover that killed a 40-year-old man and sent a 14-year-old girl to hospital in eastern Saskatchewan this past weekend.

On Saturday at about 5 p.m., RCMP and paramedics responded to a call regarding the crash just west of the town of Togo, about 90 kilometres northeast of Yorkton.

When they arrived, they found the man without vital signs.

Emergency personnel performed CPR, but the man was pronounced dead at the scene.

The girl, believed by police to be a passenger on the ATV, was taken by ambulance to a hospital in Yorkton with serious but non-life-threatening injuries.

The Saskatchewan All Terrain Vehicle Association (SATVA) is reiterating a message about proper ATV practices.

"Our rule is wear your equipment, drive responsibly, and don't drink and ride," John Meed, the group's general manager, said on Sunday.

"We recommend all people get some training.

"There's no other machine, no other vehicle out there that has the dynamic of these little units — so you've got to learn how to ride them properly."

Mounties said in a release that "improper" use of the ATV was another suspected factor in the rollover, but they didn't give details. Several calls to RCMP were not returned.

Meed said SATVA will also push its members to wear proper gear, including helmets, through an upcoming public awareness campaign and hopefully prevent similar tragedies and injuries during the rest of the season.

"This is not what we want to see out of a riding season," Meed said.

He added that SATVA will lobby the provincial government this year for tighter registration procedures for ATVs, because the group sees stiffer regulations and steeper fines as ways to curb improper use.

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Eichler now faces first-degree murder charges in two deaths

Police Chief Troy Hagen speaks to media about the murder charges laid against Clayton Eichler in the deaths of Richele Bear and Kelly Goforth. ROSS ROMANIUK/METRO

Clayton Bo Eichler.

A 'long, hard process' awaits the families of Richele Bear and Kelly Nicole Goforth in the separate homicides

ROSS ROMANIUK
ross.romaniuk@metronews.ca

A man who might eventually be deemed Regina's first serial killer will be in court again later this month after his initial appearance on new murder charges last week.

Clayton Bo Eichler faces a charge of first-degree murder and another of offering an indignity to a human body following last September's disappearance of Richele Lee Bear, 23.

Eichler, 32, faces another count of first-degree murder in the slaying of Kelly Nicole Goforth, 21, after he was charged previously with second-degree murder in her death.

If convicted on those charges in both women's deaths, the Regina man will be considered a serial killer.

"We know that an individual from our community is (allegedly) responsible for two homicides that are unrelated," Troy Hagen, chief of the Regina Police Service, said in announcing the charges on Friday.

"There is no known relationship between the two victims that we're aware of."

Hagen noted that the "serial" designation applies in the deaths of "two or more victims by the same offender" in separate events.

He refused to speculate on whether it's possible that Eichler has played a part in disappearances of women other than the victims he's charged with murdering.

Police have not found Bear's body, though the chief said there is evidence — which he wouldn't specify — that she has been killed.

"We're continuing our efforts," Hagen said. "But I must be clear: We believe Richele Bear is deceased."

City police arrested Eichler last Thursday while he was in custody facing the second-degree murder charge in the death of Goforth, whose body had been discovered in an industrial area of Regina last September. The second-degree murder charge was withdrawn so the charge of first-degree murder could be laid.

Michele Bear, mother of Richele Lee, expressed gratitude to police.

"This is the beginning. It's going to be a long, hard process for me and my family," Michele Bear, wearing a T-shirt bearing a picture of Richele, said while noting her daughter's body remains missing.

"I still feel lost that she has not returned home yet."

Eichler appeared in provincial court on Friday on the new charges. He's slated to be back in court, appearing via video, on May 23.

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Football

Regina Riot run over North Winnipeg

It took the Regina Riot nearly a full quarter to score their first touchdown of the new Western Women's Canadian Football League season on Sunday at Mosaic Stadium.

But once the team in black and red got onto the scoreboard in its season opener, there was little the visiting North Winnipeg Nomads Wolfpack could do to stop the determined host squad.

The Riot used their rugged ground game and stiff defence to blow past the Wolfpack 41- 7 in their first of four regular-season games. "We are looking very good," Lisa Ziegler, general manager of the Riot, told Metro.

"We had a pretty slow start. We want to look at starting with a little more intensity."

After holding off the Riot offence for most of the first quarter, the Wolfpack defence crumbled enough for North Winnipeg to fall behind by 21 points at halftime. The Wolfpack managed to score a late fourth-quarter touchdown to break the Riot's shutout bid.

Still, it was tough to find much wrong with the Regina team's performance.

Ziegler estimated that about 400 fans showed up for the game. She pointed to Mother's Day festivities and forecasts calling for gloomier conditions as reasons that there wasn't a larger turnout.

Next on the schedule for the Riot is a trip to Saskatoon to battle the rival Valkyries next Saturday at Griffiths Stadium. Kickoff is scheduled for 7 p.m. MARCO VIGLIOTTI/METRO

Riot running back Carmen Agar darts into the end zone late in the first quarter to put her team on the scoreboard against the North Winnipeg Nomads Wolfpack on Sunday. MARCO VIGLIOTTI/METRO

Third annual Sask. Fashion Week attracts 1,500 spectators

A lot of work. Event takes about 10 months to put together

The latest edition of Saskatchewan Fashion Week wrapped up on Saturday after treating the Queen City to three days of style and glitzy runway shows.

Organizers say about 1,500 people attended the third annual fashion showcase, which was held at the Canada Saskatchewan Production Studios.

"We were really excited to get into the sound stage (production studio).... It felt like we were in a new city," Chris Pritchard, executive director and co-founder of Saskatchewan Fashion Week, told Metro on Sunday. "Overall, it turned out really well."

After two successful outings, Pritchard said, this year's edition amounted to a "make-or-break" for the popular event.

Luckily for Pritchard and the organizing team, Fashion Week in 2014 sold out in record time.

"The entire (organizing) committee really went full-force and got the word out," he said, noting that the event will be back in 2015 for a fourth run.

This year's edition marked an important debut, with the extravaganza offering a webcast for those unable to make it to the runway shows.

The live stream attracted some 2,000 views on Friday alone, according to Pritchard, who noted that the event was able to attract a worldwide audience.

"(The live steam was) one of the coolest things we were able to add," he said.

"It's going to broaden our reach even further."

Fashion Week, Pritchard notes, is a collaborative endeavour that draws on the talents of more than 100 volunteers, 70 models and 40 hairdressers and makeup artists.

And as a result, planning for the event is no overnight effort. It takes about 10 months, he added, for organizers to put it all together.

MARCO VIGLIOTTI/METRO

Models grace the runway on the last evening of Saskatchewan Fashion Week on Saturday, wearing clothing by 15-year-old designer Sage Wosminity. The three-day event at the Canada Saskatchewan Production Studios in Regina attracted an estimated 1,500 people. SARAH TAGUIAM/METRO

Former inmate talks end of tough-on-crime era

"People are finding out that tough-on-crime does not work," says former inmate John Witherow. JOHANNES SIMON/GETTY IMAGES

John Witherow tried robbing a jewelry store — and walked away with a treasure trove of insights into the American justice system.

His star-crossed participation in a stickup attempt in Reno, Nev., earned him 26 years in prison in an era of drastic change in U.S. justice policy, from the rise of the tough-on-crime approach to its more recent fall from favour.

Witherow shared his story during a conference in Washington, where there is bipartisan momentum behind a number of justice reforms designed to reduce prison costs and increase rehabilitation of inmates.

His initial plan, back then, was to tie down a jewelry store owner while one of his accomplices brandished a sawed-off shotgun. As it turned out, the store owner had a gun, too, and the plan went off the rails. Because of his seven prior convictions, mainly for robberies, Witherow received an especially long sentence for attempted robbery with use of a weapon.

This was in 1984.

When he arrived in the Nevada prison system, he recalls, prisoners were able to get out early for good behaviour, and some of his fellow inmates were getting college degrees.

Witherow himself managed to turn his life around when he got paralegal training. But he says things changed pretty quickly.

"It was just the start of the maybe-we-should-get-tough-on-crime era," said Witherow.

The prisons filled. Sentences grew longer, education programs were chopped.

Witherow said things started changing in the early 2000s, as Americans became concerned about the financial burden. Those concerns accelerated, he said, after the financial crisis and recession.

A study released last week says states' combined prison costs have increased 400 per cent since the 1970s. About 40 states have now relaxed at least some of their drug laws, and imprisonment levels have dropped in the U.S. for the first time in over a generation.

Witherow is 64 years old now, and he's feeling hopeful.

"I am optimistic that there is a pushback now," he says.

He offers a message to Canadians when told about the mandatory minimum sentences being added to the Criminal Code: "Don't fall into the trap of tough-on-crime."

THE CANADIAN PRESS

Catholics nuns attend a mass given in honour of the kidnapped Chibok schoolgirls, in Abuja, Nigeria, Sunday. Failure to rescue the girls, captive for nearly four weeks, has attracted mounting international outrage. SUNDAY ALAMBA/THE ASSOCIATED PRESS

'Too terrifying for words': Teen who fled captors

Nigerian school girls. Pope tweets call for prayer with #BringBackOurGirls

One of the teenagers who escaped from Islamic extremists who abducted more than 300 schoolgirls says the kidnapping was "too terrifying for words," and she is now scared to go back to school.

Sarah Lawan, a 19-year-old science student, spoke Sunday as Nigerians prayed for the safety of the 276 students still held captive. Their prayers were joined by Pope Francis.

"Let us all join in prayer for the immediate release of the schoolgirls kidnapped in Nigeria," the Roman Catholic leader tweeted, using the trending #BringBackOurGirls.

Lawan said that more of the girls could have escaped, but that they were frightened by their captors' threats to shoot them. She spoke in the local Hausa language in a phone interview from Chibok, her home and the site of the mass abduction in northeast Nigeria.

The failure to rescue those who remain captive four weeks later has attracted mounting outrage. Last week, Nigeria was forced to accept international help in the search, after ignoring offers for weeks.

More experts are expected in Nigeria to help rescue the girls, including U.S. hostage negotiators and others from Britain, France, China and Spain.

"I am pained that my other colleagues could not summon the courage to run away with me," Lawan said. "Now I cry each time I come across their parents and see how they weep when they see me."

Police say 53 students have escaped. THE ASSOCIATED PRESS

Quoted

"I am really scared to go back there, but I have no option if I am asked to go because I need to finish my final year exams."

Sarah Lawan, who escaped from Boko Haram extremists, on returning to school

International outrage

Gov't refused help for weeks

The president of Nigeria for weeks refused international help to search for more than 300 girls abducted from a school by Islamic extremists, one in a series of missteps that have led to growing international outrage against the government.

The U.K. first said it was ready to help the day after the mass abduction on April 15, according to the British Foreign Office. And the U.S. has said it offered help and was in touch with Nigeria "from Day 1" of the crisis, according to Secretary of State John Kerry. Yet it was only on Tuesday and Wednesday, almost a month later, that President Goodluck Jonathan accepted help from the U.S., Britain, France and China.

THE ASSOCIATED PRESS

Nanaimo shooting

Hundreds attend memorial services

Two men who died in a shooting at a Vancouver Island sawmill last month were remembered in separate memorials on Saturday as people who loved life.

Friends and family remembered 53-year-old Fred McEachern as a "genuine guy" who wanted to be a participant rather than an observer in life.

McEachern and 61-year-old Michael Lunn died when a lone gunman entered the Western Forest Products sawmill in Nanaimo and started firing. Two other employees were wounded.

Later in the day, hundreds at another ceremony gathered to remember Lunn. A sea of people wearing red shirts — an homage to Lunn, who wore his favourite colour red every day to work — left only standing room at the church.

THE CANADIAN PRESS

Human trafficking. Red tape allowed diplomats to flee, police say

Ottawa police say bureaucracy was a contributing factor to a diplomat couple fleeing Canada once the pair found out they were going to be charged with forcing a Filipino woman into "modern-day slavery."

Police made the investigation public Friday in a news release, saying a diplomat at the Embassy of the Philippines and her husband allegedly exploited their 26-year-old nanny for financial and material benefit. The woman came to Canada legally, spoke very little English, and worked for the diplomats from July 2009 to December 2013.

The investigation began in December 2013 after a third party made a complaint to police. After months of investigation, police wanted to arrange an interview with the couple, but nothing could be done without their diplomatic immunity being waived.

"The embassy is the one that ultimately decides if the immunity is waived," said Insp. Paul Johnston of Ottawa police. "We don't have the means to arrest someone unless that waiver is provided to us. We knew it was a possibility they could leave the country."

On April 30, Ottawa police sent a request to the Department of Foreign Affairs, Trade, and Development (DFATD) in order to lay the charges against the two foreign nationals.

However, DFATD informed police on May 5 that the couple had surrendered their identification cards to the department and returned to the Philippines.

Bueneflor Cruz, 44, and Robert Cruz, 45, are now wanted on Canada-wide arrest warrants. They were jointly charged with trafficking a person by exercising control, receiving material or financial benefit in the commission of trafficking, and withholding or destroying identification documents for the purpose of facilitating an offence. JOE LOFARO/METRO IN OTTAWA

New puppy fashion trend: Human overcoats

Cassandra Cantu shields her seven-week-old puppy Kamala from the snow as she walks with friends in the Bear Creek Dog Park in Colorado Springs, Colo., on Sunday. The snowy weather was expected to continue in the area overnight Sunday. MARK REIS/THE GAZETTE/THE ASSOCIATED PRESS

Quebec wants to be exempt from temp-worker ban

Province 'a bit worried.' But federal employment minister's spokesman says there are no plans to lift the moratorium

The Quebec government is calling on Ottawa to lift the ban on restaurants hiring temporary foreign workers — at least in its own province.

Quebec's immigration minister Kathleen Weil was to meet with her federal counterpart Chris Alexander on Monday, according to spokesman Dave McMahon, who said Weil will ask that Quebec be granted an exemption to the moratorium.

"We are a bit worried about the impact of the moratorium on our restaurants and on our small- and medium-sized businesses," he said Sunday.

"We are ready to work with the federal government to tighten the rules of the program if need be."

Weil is also planning to make the same case to Employment Minister Jason Kenney, who oversees the temporary foreign workers program, McMahon said.

A spokeswoman for Kenney said there are no immediate plans to lift the ban, in Quebec or anywhere else.

"Abuse of the temporary foreign worker program will not be tolerated," Alexandra Fortier said in an email.

"Allegations of misuse will continue to be investigated and any employer found to have violated the rules will face serious consequences." THE CANADIAN PRESS

Background

Ottawa announced the moratorium last month, after a string of reports alleging the program was being misused by the restaurant industry.

- The moratorium has been widely criticized by industry groups. Quebec's restaurant association called it "exaggerated and unreasonable."

Politics

Tories downplay expectations for June byelections

The federal Conservatives are keeping expectations modest for their prospects in four byelections — two in Alberta, two in Ontario — set for the end of June.

"We all know majority governments don't typically fare well in byelections; the opposition parties do," said Cory Hann, communications director of the Conservative Party.

"And these rounds we don't expect to be any different."

The Conservatives anticipate hanging on to the two Alberta ridings, but do not expect to win more than 10 per cent of the vote in each of two Toronto-area contests, said one senior Tory insider, who spoke on condition they not be named.

"The two Ontario ridings, I think the writing's on the wall on those," said the source, who picked Justin Trudeau's Liberals to win both fights.

"If there's a race, the two horses in that race are going to be the NDP and Liberals."

THE CANADIAN PRESS

Tighter control. Justice Department cuts $1.2M from its research budget

The federal Justice Department has chopped $1.2 million from its research budget, and is tightening control to ensure future legal research is better aligned with the government's law-and-order agenda.

Previous legal research in the department sometimes caught senior officials "off-guard ... and may even have run contrary to government direction," says an internal report for deputy minister William Pentney.

The reduction means the loss of eight experienced legal researchers, most of them social scientists.

The result is a diminished research capacity, which now must be better controlled from the top to ensure it supports the government policies, says the report.

"The review confirmed that there have been examples of work that was not aligned with government or departmental priorities," says the October 2013 document, obtained by The Canadian Press under the Access to Information Act.

Some past projects have "at times left the impression that research is undermining government decisions."

The report did not cite specific studies, but a department report last year on public confidence in the justice system appeared to be at odds with the Conservative government's agenda.

Researcher Charlotte Fraser found many Canadians lacked confidence in the courts and prison system, but suggested it was the result of misunderstanding rather than any failures in the system, and that education could rectify the problem.

Critics said the finding was contrary to the government's approach, which is to pass tougher laws and impose harsher penalties rather than to cultivate a better-informed public. THE CANADIAN PRESS

'Significant loss'

The budget cut on April 1 this year — described as a "significant loss of resources" — represents about 20 per cent of research spending, and arises from deficit-cutting measures first set out in the 2012 budget.

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Insurgents say Ukraine region votes overwhelmingly for sovereignty

Two referendums. Results could hasten country's breakup

Ninety per cent of voters in a key industrial region in eastern Ukraine came out in favour of sovereignty Sunday, pro-Russian insurgents said in announcing preliminary results of a twin referendum that is certain to deepen the turmoil in the country.

Roman Lyagin, election chief of the self-styled Donetsk People's Republic, said around 75 per cent of the Donetsk region's three million or so eligible voters cast ballots, and the vast majority backed self-rule.

With no international election monitors in place, it was all but impossible to verify the insurgents' claims.

The preliminary vote count was announced just two hours after the polls closed in an election conducted via paper ballots.

A second referendum organized by pro-Russian separatists was held Sunday in eastern Ukraine's industrial Luhansk region, but no immediate results were released.

Ukraine's central government and the West had condemned the balloting as a sham and a violation of international law, and they have accused Moscow of orchestrating the unrest in a possible attempt to grab another piece of the country weeks after the annexation of Crimea.

The results of the two referendums could hasten the breakup of the country and worsen what is already the gravest crisis between the West and Russia since the end of the Cold War.

THE ASSOCIATED PRESS

Ukrainians living in Russia queue to get their referendum ballot papers and vote in Moscow on Sunday. Residents of two restive regions in eastern Ukraine cast ballots Sunday in referendums that seek approval for declaring sovereign people's republics in the Donetsk and Luhansk regions. THE ASSOCIATED PRESS

Bloodshed

Shooting in east Ukraine

Armed men identified as Ukrainian national guard opened fire Sunday on a crowd outside a town hall in eastern Ukraine, and an official for the region's insurgents said there were an unspecified number of deaths. The bloodshed in the town of Krasnoarmeisk occurred hours after dozens of armed men shut down voting in a referendum on sovereignty for the region. One of them identified the group as being national guardsmen. An Associated Press photographer who witnessed the shooting said two people were seen lying unmoving on the ground.

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"You throw the clothes away" — Scan the photo below with your Metro News app to watch the ROM team tackle the smelly business of carving up a whale

Brett Crawford, left, and Mike Thom cut up the carcass of a blue whale in Woody Point, N.L., on Sunday.
PAUL DALY/THE CANADIAN PRESS

Blue whale racks up large price tag

Trout River. The man leading the Royal Ontario Museum's effort to dismantle the large mammal says the job is getting expensive

The Royal Ontario Museum's experts have made progress carving and dismantling the dead blue whale. KATE ALLEN/TORSTAR NEWS SERVICE

The skeleton can eventually become part of an exhibit at the museum.
KATE ALLEN/TORSTAR NEWS SERVICE

Newfoundlanders who want to keep at least one of two giant blue whales that washed ashore on the west coast of the island may get their wish.

The man leading the Royal Ontario Museum's effort to dismember and transport those remains to Toronto says he must review plans to handle both carcasses.

"My commitment when I came in was to do at least one whale and my hope is to do both of them," Mark Engstrom, deputy director of collections and research for the museum, said during a break from the smelly job.

"We're doing the Trout River whale and then I have to reassess my budget and see where I am in terms of whether or not I can actually do the Rocky Harbour whale," he said.

Those extra costs include towing the first carcass from Trout River to adjacent Woody Point where it could more easily be worked on, Engstrom said. The second body is still resting in shallow water near the Rocky Harbour fish plant in Gros Morne National Park.

They are among nine rare and endangered whales that became trapped in pack ice earlier this spring.

Rocky Harbour Mayor Walter Nicolle had expressed relief when the museum offered to add the whales to its collection and make scientific data available to global researchers.

Engstrom declined to discuss the budget. But he said in an earlier interview that the museum's expenses would reach tens of thousands of dollars and he hoped they wouldn't exceed $100,000.

Local businesswoman Jenny Parsons is part of the new Trout River Blue Whale Committee hoping to establish its own exhibit. The idea that both whales would go to Ontario was seen by many as a lost opportunity.

But as the federal government passed responsibility to the province and provincial officials stayed quiet, the museum stepped in.

The big question is who would pay to take responsibility for the second whale. Parsons' group wants to start raising funds and resources.

THE CANADIAN PRESS

B.C.

Highway of Tears progress delayed

Mayors and other leaders say the province has yet to contact them about what needs to happen to protect women along a stretch of highway in northern British Columbia known as the Highway of Tears.

What emerges is a picture of slow progress that appears to contradict the province's claims that it has been holding meetings about the issue with local governments.

THE CANADIAN PRESS

Kootenay region

Woman killed in canoe accident

A 19-year-old woman is dead and three male youths are missing after a canoe overturned in a lake in B.C.'s West Kootenay region.

RCMP Sgt. Darryl Little says emergency crews were called to Slocan Lake Saturday, where they found the woman and rushed her to hospital. THE CANADIAN PRESS

Zebra mussels. Manitoba to combat invasive species

They are small clam-like creatures that seem to spread in the blink of an eye and squeeze the life out of the rivers and lakes they inhabit.

This summer, those who grapple with zebra mussels will watch Manitoba, where officials are using a unique experiment to stop an invasion.

Once the ice recedes on Lake Winnipeg, a silk curtain will be lowered to the lake floor to seal four infested harbours.

Liquid potash will then be pumped into the water until it reaches a lethal concentration for the mussels.

The technique has been tried in a closed quarry, but it is believed this is the first time it will be used in open water.

The potash plan will cost $500,000, but many say it could save millions down the road if it works.

Those who depend on the lake for their livelihoods are concerned about the experiment and the impact it could have on the short fishing season. THE CANADIAN PRESS

A group of zebra mussels, taken from Lake Erie, are seen in this undated photo. U.S. DEPARTMENT OF AGRICULTURE/THE ASSOCIATED PRESS/THE CANADIAN PRESS

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Vietnam vets honoured four decades later

The name of U.S. Army Spc. Alan Leslie Seamans, of Grafton County, N.H., appears on the wall of the Vietnam Veterans Memorial in Washington. A ceremony Sunday marked the addition of 14 new names to the memorial, including Seamans, bringing the total to 58,300. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Monument set to reopen after 3 years

Restoration. Memorial honouring George Washington closed since 2011 earthquake caused severe damage

The Washington Monument prior to the reopening. MOLLY RILEY/THE ASSOCIATED PRESS

More than 150 cracks have been repaired, rainwater leaks have been sealed, and the 130-year-old Washington Monument is set to reopen Monday for the first time in nearly three years since an earthquake caused extensive damage.

The memorial honouring George Washington was closed about 33 months for engineers to conduct an extensive analysis and to restore the 555-feet-high stone obelisk, once the world's tallest structure.

The monument's white marble and mortar were cracked and shaken loose during an unusual 5.8-magnitude earthquake in August 2011 that sent some of the worst vibrations to the top. Debris fell inside and outside the monument, and visitors scrambled to evacuate. Later, engineers evaluated the damage by rappelling from the top, dangling from ropes.

Now new exhibits have been installed, and visitors can once again ride an elevator to look out from the highest point in the nation's capital.

The full restoration cost $15 million US. Businessman and philanthropist David Rubenstein contributed $7.5 million US to pay half the cost and expedite the repairs. THE ASSOCIATED PRESS

Tourist attraction

The monument normally draws about 700,000 visitors a year.

- It remains the world's tallest freestanding stone structure.
- The National Park Service will offer extended seasonal hours to visit the monument through the summer from 9 a.m. to 10 p.m. each day.

Venezuela. Court orders trial for 11 student protesters, frees others

Venezuelan courts have ordered 11 student protesters to stand trial, but they have freed more than 150 others arrested with them during raids on their encampments, prosecutors said Sunday.

The statement from the prosecutor's office said the 11 face charges including weapons offences, criminal association and incitement to violate laws, as well as drug violations.

But it said 156 others will be freed, though they will have to report periodically to the courts. And prosecutors asked that 15 be sent for treatment of drug use. Some protesters were freed earlier.

Hundreds of police and troops arrested 243 student protesters during pre-dawn raids Thursday on four encampments of protesters opposed to President Nicolas Maduro's socialist government.

That set off angry clashes in which one police officer was killed, raising the death toll from disturbances that began in February to at least 42. THE ASSOCIATED PRESS

A man protests the breaking up of camps maintained by student protesters, in Caracas, Venezuela, last Thursday. FERNANDO LLANO/THE ASSOCIATED PRESS

Transgender personnel. U.S. military should review its ban: Hagel

The prohibition on transgender individuals serving in the U.S. military "continually should be reviewed," Defence Secretary Chuck Hagel said on Sunday.

Hagel did not indicate whether he believes the policy should be overturned. However, he said "every qualified American who wants to serve our country should have an opportunity if they fit the qualifications and can do it."

A transgender individual is someone who has acquired the physical characteristics of the opposite sex or presents themselves in a way that does not correspond with their sex at birth.

A panel convened by a think-tank at San Francisco State University recently estimated that about 15,450 transgender personnel serve in the military and in the National Guard and Reserve.

In 2010, Congress passed legislation allowing gays and lesbians to serve openly. Hagel said the issue of transgender people serving in the military is more complicated. He said "these issues require medical attention" that at times cannot be provided in austere locations.

The National Center for Transgender Equality said it welcomed Hagel's comments, which were made on ABC television's This Week. The organization's executive director, Mara Keisling, said the regulations that disqualify transgender recruits and service members are based on outdated prejudices and stereotypes.

A military review of transgender issues could occur as it also deals with questions about how to treat transgender prisoners. THE ASSOCIATED PRESS

Serving with pride

"Many of our allies, including the U.K., Australia and Israel, allow transgender people to serve with pride and honour in their armed forces. It's time for the U.S. to join them."

Allyson Robinson, policy director of SPART*A, an advocacy group made up of LGBT people who now serve or once served in the military

Colombia

Former leader summoned over allegations

The office of Colombia's top prosecutor jumped into a presidential feud between a past and current president on Sunday, summoning Alvaro Uribe to substantiate suggestions that drug money went into the campaign of current President Juan Manuel Santos.

Uribe was referring to allegations that campaign strategist Juan Jose Rendon received $12 million US from drug lords to negotiate terms of their surrender. THE ASSOCIATED PRESS

Jamaica

Heavy security ordered in capital after protests

Authorities ordered a heavy security presence in a section of Jamaica's capital Sunday after residents put up roadblocks to protest the killing of two men by police.

The Jamaica Constabulary Force said the men were killed late Saturday when they engaged officers in a shootout in Kingston's Rockfort community. One pistol and three rounds of ammunition were seized after the gun battle, police said. THE ASSOCIATED PRESS

The Chinese have bought into Alibaba — should you, too?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it time to start saving your pennies for a run at Chinese Internet monolith Alibaba when it comes to a stock exchange near you? Perhaps.

First of all, it's going to be a humdinger of an Initial Public Offering (IPO). When Alibaba Group Holding Ltd. shares are listed sometime this year on either the New York Stock Exchange or NASDAQ, the company could have a market value anywhere from $175 to $250 billion US. That will make it one of the largest companies on the planet; perhaps it will even crack the Top 10.

Quick guess. What is the largest company in the world? Apple Inc., Wal-Mart Stores Inc., Exxon Mobil Corp.? Nope. According to Forbes Magazine, top spot goes to Industrial & Commercial Bank of China Ltd. (ICBC), a Chinese bank, with assets of $3.1 trillion.

But if you rank companies by market capitalization, i.e. the value of shares outstanding, Apple wins at $483 billion, followed by Exxon Mobil, Google Inc. and Microsoft Corp.

Back to Alibaba. As is the case with most IPOs, there will probably be an investor honeymoon throughout what is called the lock-up period. It usually lasts from 90 to 180 days after the IPO launch during which insiders, such as owners or founders, cannot sell their shares.

When a lock-up period expires, listed companies often sag. Remember Facebook, Inc.? It had a number of lock-up periods, which isn't typical for IPOs. When the first one expired, the shares plummeted to just under $20, a loss of about 50 per cent.

However, Alibaba is a very different company than Facebook. Unlike the social media networking giant, it is vastly diversified as the largest e-commerce company in China. Part virtual shopping mall and part Internet payment service with a dash of B2B and B2C (business-to-business and business-to-consumer) marketplace, Alibaba has its fingers in everything to do with online consumption in the world's most populous country.

And, as Business Week staffer Drake Bennett recently put it, "China, it seems, has only begun to shop."

Nonetheless, technology IPOs are notoriously risky. If you do manage to get your hands on some shares early on, watch the stock price carefully and consider selling half before the lock-up period expires.

Nortel trial set to begin

A complex trial to determine how billions of dollars in Nortel Networks Corp.'s remaining assets are to be divided begins Monday in a pricey cross-border hearing that's considered the first of its kind.

Lawyers for former employees, pensioners and creditors will descend on two courtrooms — one in Toronto and the other in Delaware City — to argue over who gets a share of $7.3 billion US from the sale of the former technology giant's patents and other assets from its international operations.

What's unique is the sheer magnitude of the proceeding, which is considered one of the biggest bankruptcy trials in Canadian history, and the escalating costs associated with it.

The cost of the Nortel case has climbed to $1.185 billion since early 2009, according to an estimate from Diane Urquhart, an independent adviser assisting former Nortel employees.

Expenses range from legal fees to cutting-edge technology that links the two courtrooms — each expected to be filled with lawyers.

At its height in 1999 to 2000, Nortel was worth nearly $300 billion, employed more than 90,000 people globally and was regarded as one Canada's most valuable companies. In 2009, the company filed for bankruptcy in North America and Europe, shedding thousands of jobs.

THE CANADIAN PRESS

London's billionaires

U.K.'s capital city now the capital city for billionaires

A new study of the super-rich finds that London, U.K., has become the capital of the world's wealthiest, with more billionaires than any other city.

The Sunday Times says London has 72 residents whose fortunes exceed $1.6 billion US. THE ASSOCIATED PRESS

Sorry, not sorry?

Nintendo sorry, but still won't add gay avatars

Nintendo is apologizing and pledging to be more inclusive after being criticized for not recognizing same-sex relationships in English editions of a life-simulator video game. But the publisher said it was too late to change the game. THE ASSOCIATED PRESS

Del Bosco's out

Baird calls for new VIA Rail CEO, gets his wish

VIA Rail has named a new chief executive officer a little more than a week after Foreign Affairs Minister John Baird called for new leadership at the Crown corporation.

Yves Desjardins-Siciliano is taking over from Steve Del Bosco. THE CANADIAN PRESS

See that symbol? It means you can scan the photo below with your Metro News app to see the crazy view of London from atop the Shard skyscraper

Through the (unintentional) looking glass

It seems the new Shangri-La hotel on the upper floors of the Shard — a famous skyscraper in London (pictured here) — offers rooms with a view, but it isn't always what guests expect. A design quirk means glass panels protruding from the building can act as mirrors once internal lights are switched on at night, so in some rooms it's possible to get a glimpse of neighbouring guests. Darren Gearing, the executive vice-president and hotel general manager, said in a statement Saturday that blinds are available for privacy. Guests will be advised when they check in. The Renzo Piano-designed 72-storey building is unique in that it features entire walls that are windows. The hotel in the 1,017-foot tower opened recently.

TEXT: THE ASSOCIATED PRESS; PHOTO: PETER MACDIARMID/GETTY IMAGES

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‘ONE BENEFITS, WE ALL BENEFIT’

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

The Saskatchewan City Mayors Caucus had a lot on its plate as it met in Lloydminster last week.

The to-do list was long.

“It’s why we created the caucus,” said Regina Mayor Michael Fougere.

“We talk about a lot of issues and move our files forward. Infrastructure is one of our top priorities.”

Saskatoon Mayor Don Atchison says these meetings are “exceedingly important.”

“It helps to see what other cities are doing with their federal and provincial dollars,” he said.

The Saskatchewan mayors meet at least twice a year. There is not a competitive effort to see who can get the most provincial or federal money.

Indeed, their goal is to compare notes and find ways to best work together in order to ensure strong local communities throughout the province.

I spoke with these two mayors on separate occasions and quickly learned there is one issue that is high on their lists. It’s the federal government’s “New Building Canada” money.

Both men say their councils are not clear when the front-end money will begin to flow.

The “Build Canada” initiative was created in 2007 with $33 billion in funding across the country.

Recently, the feds announced a $53-billion “New Building Canada” plan for provincial, territorial and municipal infrastructure.

While the fund looks impressive on paper, Atchison says “there is only a certain portion of these billions of dollars given to each community. Once it’s broken down throughout all the regions in Canada, the numbers look significantly different.”

It’s not just money that brings these leaders together. When gathered, social issues arise, as do safety, housing and community.

One thing is for sure: These mayors quietly, and without fanfare, arrange their schedules and devote precious time to these sessions each year.

What is priority for each mayor in this caucus becomes priority for all. Whether it’s lobbying the province, sharing achievements through the media or meeting one-on-one with constituents.

“One benefits, we all benefit,” said Fougere. “There would be no other way to be as unified. This is the infrastructure of Saskatchewan government. Success is only as good as our unity.”

Atchison shares this democratic, collective approach.

“Success brings success,” he said, adding that such a meeting of the minds is one of the quiet ways the province has continued to grow as it has.

“After all,” said Atchison, “it’s the Saskatchewan way.”

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Smooching Moose for the win

Halifax Mooseheads forward Stefan Fournier, second from right, plants a smooch on Jonathan Drouin after a first-period goal in Game 5 of the QMJHL final on May 14, 2013. JEFF HARPER/METRO FILE

Metro photographer gets the prize

A picture-perfect moment of two Halifax Mooseheads players celebrating a goal during last year’s QMJHL final — by locking lips, no less — has landed a Metro Halifax photographer an Atlantic Journalism Award.

Jeff Harper was one of three finalists in the category of newspaper photojournalism feature at Saturday night’s awards ceremony in Halifax. METRO

Brotherly love captured in a kiss

Harper won for his once-in-a-lifetime shot of jubilant Mooseheads Jonathan Drouin and Stefan Fournier celebrating a goal with a quick brotherly smooch during Game 5 of the QMJHL final against the Baie-Comeau Drakkar at the Metro Centre.

Halifax won that game, and the series in five games, to take home its first-ever President’s Cup title. The photo was shared by thousands and received media coverage from outlets across Canada. METRO

Swept up

“It was in the moment and I’m going to kiss my brother.... By the way, for all the ladies out there, Jo’s a great kisser.”

Stefan Fournier,
commenting last May on teammate Jonathan Drouin’s technique

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MetroTube

Not all whale stories end in explosions and bits and pieces

ANDREW FIFIELD
metronews.ca

You only need cast your eyes to the blue whales that washed up on the shores of Newfoundland to learn that it’s been a tough few weeks for threatened whale populations.

But at least there’s a glimmer of good cetacean news from the southern hemisphere, courtesy of New Zealand skipper Joe Brogan, who leaped into the ocean to free a baby humpback that had become entangled in trap lines. Don’t dwell too much on the fact a whale was entangled in netting to begin with. (Via Joe Brogan/YouTube)

ISTOCK PHOTO

metro

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See that symbol? It means you can scan the photograph below with your Metro News app. Hamlet on the highway? Find out why Locke deserves the comparison

Ebooks

Circa 1948

By. Stan Douglas & The NFB

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Like a ghost in the past drawn to the voices of the living, this exploration of post-war Vancouver offers 44 historically researched eavesdropping tales of immigrants, newlyweds, war vets, and politicians discussing anxieties and corruptions similar to today. Although glitchy at times, the vintage music and the way you can snoop through people's belongings help make the time travel feel atmospheric.

Television

Lost creators fess up to a few flops

Lost creators Damon Lindelof and Carlton Cuse have admitted what fans and haters have said all along: much of the mostly gripping TV show really wasn't any good.

The mysterious drama had several strong seasons but petered out and lost many fans as it stumbled to its love-it-or-hate-it finale.

"We did 121 hours of Lost. Arguably only 15 to 20 of them were subpar, bordering on turds," Lindelof tells Esquire magazine.

THE ASSOCIATED PRESS

Locke took director on an unconventional ride

Making the ordinary mesmerizing. Directing Locke was just the kind of challenge Steven Knight was looking for

NED EHRBAR
Metro World News in Hollywood

Actor Tom Hardy and director Steven Knight attend the Locke premiere during the 70th Venice International Film Festival at the Sala Darsena in Venice, Italy, in September, 2013. GARETH CATTERMOLE/GETTY IMAGES

Prolific British writer and director Steven Knight wanted to do something unconventional when he came up with the idea of Locke, a film about an ordinary man (Tom Hardy) driving across England while dealing with personal and professional crises via speakerphone. What's unique is that the entire story is told from within the car, seemingly in real time. It was an idea so unique, Knight found, that some car companies didn't want any part of it.

Where did the idea to do such a contained setting for a film come from?

I'd just finished making a conventional film, and a couple of things had happened. One was that I'd noticed how beautiful and hypnotic urban environments at night shot from inside moving vehicles are. You get this moving light show, which I found quite beautiful. At the same time I was trying to take filmmaking back to the very basics of what the job is, which is to get a load of people into a room, turn off the lights, and have them engage with a screen. How many other ways are there of doing that? To make life more difficult for myself, I wanted to make the main character the most ordinary person in the world — he's married, he's got two kids, he works in construction with concrete. There is nothing about him that would make the papers. This is a very ordinary tragedy, and I just wondered if audiences would go with it.

And how did you go about getting Tom Hardy involved?

He was quite keen to play a straight role because he's always larger-than-life monsters or villains or whatever. This is probably his first straight role as an actor. It was Tom who brought the Welsh accent into it because he's got a friend who's Welsh, and he said, "He's a very ordinary, straight person so I'll do that voice." The character was always going to be concrete, he was always going to be ordinary, and then Tom invested that with the thing that he brings to every role.

So how did you like the BMW?

It was fine, but originally we were going for a Land Rover, and they didn't want to do it. Because it's such a weird concept and weird idea, I think people just thought we were mad. And so we went to BMW. A lot of people have asked, "So did you get some sort of great deal from BMW?" But we didn't. They just said, "You can have two vehicles for 10 days, and then give them back to us at the end." That was it. Retrospectively, I wish I had made more of it.

The car comes off very well in the film.

I know! It never breaks down or anything (laughs).

DC's Constantine gets a spot on the small screen

The DC Comics character John Constantine will be among the new faces on the network this fall.

Played by Keanu Reeves on the big screen in 2005, John Constantine is the anti-hero of the Hellblazer comics, which were first introduced in the 1980s. Mysterious and sarcastic, the former con man becomes a paranormal detective with the goal of protecting humanity from evil. In the DC Comics version, John Constantine takes on superpowers through his knowledge of black magic and the occult.

The TV version will be headed up by Daniel Cerone, a writer and producer on The Mentalist, and David S. Goyer, who is somewhat of a specialist when it comes to adapting comics for the screen. In particular, Goyer penned screenplays for Blade, The Crow, Ghost Rider, Christopher Nolan's Batman trilogy and Man of Steel. He is currently working on stories and screenplays for the sequel to Man of Steel (tentatively titled Batman vs. Superman) and for Justice League.

In the new NBC series, Constantine will be played by Welsh actor Matt Ryan. Former Lost star Harold Perrineau will play his guardian angel. AFP

Matt Ryan will play John Constantine this fall on NBC. CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ellen Page ALL PHOTOS GETTY IMAGES

Singer allegations are 'super disturbing,' Page says

While Bryan Singer has kept quiet in the wake of his numerous sexual abuse allegations and mounting civil suits, at least one of his X-Men: Days of Future Past stars is addressing the issue.

Ellen Page finds the allegations "super, super disturbing" in an interview with the Hollywood Reporter. "I guess the truth will come out in the way that it does, but it's hard to hear about someone being in that situation, someone you like working with," she says, adding that whether or not the allegations against Singer are true, "I do think that there's a systematic issue of people in places of power manipulating and abusing young people."

Courtney Love

Brand was a wee bit too stinky for Love

Courtney Love says that she might have warmed to Russell Brand's advances if it weren't for his odour. "My favourite Russell Brand line was when we first were friends and he tried to hit on me and nothing ever happened," Love tells British talk-show host Alan Carr. "He goes, 'I've had a lot of grand conversations, darling, but none of them ever ended in an orgasm. Can we go to your room?' He's got some good lines."

Apparently not good enough to overcome the smell, however. "I said to Russell, 'You're too musky for me, man,'" she says. "He is a little musky. We did yoga together and the musk was there."

The Word

Michael and Sarah have a ball at the Met Gala

STARGAZING
Malene Arpe
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Michael Sheen and Sarah Silverman are photographed walking the Met Gala red carpet together. Now they just have to do the required Couples' Trip to the Grocery Store and the relationship will be official.

The words and wisdom of Shailene Woodley: 1) Shailene tells David Letterman she eats clay because "clay binds to other materials in your body and helps your body excrete those materials — that are not necessarily the best for you." 2) Shailene tells TIME that she isn't a feminist because she "loves men" and she doesn't want to "raise women to power, take the men away from the power." 3) She says that making popcorn "is just a weird ritual and it's the best thing on the planet."

Cressida Bonas is on "compassionate leave" from work after her break-up from Prince Harry. Back in my day we just took two Valium and sucked it up.

This week in feuds: 1) Mike Epps calls comedian Kevin Hart "overrated." 2) George Clooney attacks Steve Wynn in an open letter. 3) Seth Rogen has had enough of Justin Bieber and calls him a "piece of bleep." 4) Back in my day we just ... no, we pretty much just talked about our enemies to the press, too.

Dr. Diddy is a unicorn — and you are, too

Sean "Diddy" Combs was awarded an honorary doctorate on Saturday from Howard University in Washington, D.C., where he studied business for two years before dropping out in 1990 to pursue music.

Some of the speech was filled with odd Diddy-isms. "I am a unicorn," he told the Class of 2014. "You are a unicorn. We are unicorns."

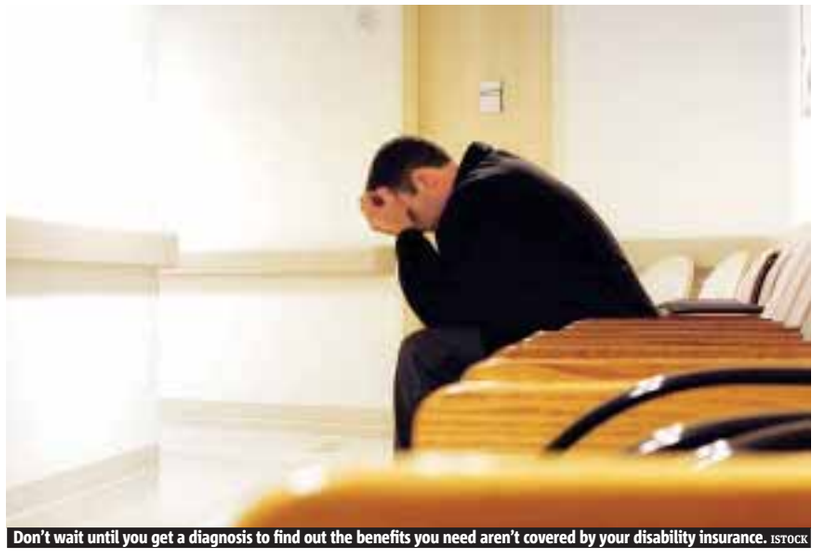
However, he did impart this piece of excellent wisdom: "Nobody is going to invite you to the front of the line; you've got to push your way to the front of the line."

Diddy

Don't get laid up by disability plan

Sicker shock. Read fine print and tailor coverage to avoid being caught out

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Don't wait until you get a diagnosis to find out the benefits you need aren't covered by your disability insurance. ISTOCK

Imagine the horror of being diagnosed with a progressively debilitating disease. Imagine the relief of knowing that while you have to stop working, you have a group disability plan that will help to make ends meet. Imagine your disbelief when your claim is declined by the insurance company because you just aren't disabled enough in their eyes. It happened to a girlfriend of mine and it could happen to you.

If you want to avoid a nasty surprise when you can least afford it financially and emotionally, take these questions to your benefits administrator at work and make sure you understand the answers you're given.

What's the policy's definition of "disabled" and how long will benefits be paid?
If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find? Will partial benefits be paid if you can only work for a few hours a day? A weak definition of disabled can be one of the biggest holes in a plan.

Carol had a disability plan that covered her for her "own occupation" for two years, after which it reverted to "any occupation," which is pretty typical of a group plan. The only way Carol could continue to collect after two years is if she were unable to do any work at all. If the insurance company deemed she could be a parking lot attendant, they wouldn't pay.

How much am I covered for, and how will it be taxed?
Most group policies cover employees for a certain percentage of their salaries — often 60 to 75 per cent. Some also have a cumulative maximum. But many people have no idea how much they're covered for or even if their disability income will be taxed. Many group policies paid for by an employer generate income that is not taxed. If you pay the premiums directly from your after-tax income, or if your premium is a taxable benefit, then the money you receive on a claim is tax-free.

If you find that the income you receive from your disability coverage is taxed, the next question is this: Will the money be enough once tax is taken?

Does my policy have a residual disability feature?
In the case of a slow recovery or deterioration because of a progressive disease, this feature becomes very important. Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled." Since most group plans have limited benefits for residual disabilities, the seams of your safety net may not be as strong as you think they are.

What are the exclusions on my policy?
An exclusion is something you aren't covered for. Typical exclusions include travel outside Canada, pre-existing conditions, mental, nervous disclosure, and alcoholism. The list can be wide and varied. If your malady falls within the list, you've got a hole in your safety net

People often don't carry individual disability insurance because they believe their group coverage is fine. Smart people who want to make sure that they are well-protected don't rely on the off-the-shelf version. They look to an individual policy to supplement it. Carol bought low-cost private coverage that would kick in after the first two years of her group coverage expired. This group offset insurance is cheap because the wait period (the time before benefits are paid) is so long.

The other important issue in favour of an individual policy is that you may not always have your group plan. A change in jobs, the decision to stay home to raise a family, or self-employment could all leave you with no coverage.

It's complicated
Buying disability coverage is complicated. Not only are there rigorous health criteria, you must also show proof of income relative to the coverage you're applying for. That often excludes new entrepreneurs from coverage at least until they have a two-year earnings history. And as you get older, not only does new coverage get more expensive, it becomes more difficult to qualify.

You need the help of a qualified insurance advisor when you go shopping for disability insurance. With so many sizes and styles out there, it's very easy to buy one that looks good on the hanger but just doesn't fit. Using a generalist may get you in trouble. The good fit comes with a fine tailor who can customize a disability plan just for you.

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What to look for

When shopping for an individual plan, look for:

- A policy that is non-cancellable and guaranteed renewable so that the contract cannot be changed or cancelled when you may not qualify for another plan.
- An inflation or cost-of-living rider, which is a good way to increase your monthly benefits. While this can be expensive, you must consider it in the context of the impact of inflation on your purchasing power.
- A future insurability rider, which will allow you to increase your benefits without additional health questions. If you anticipate significant increases in your future income, make sure you have this feature.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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and help put sleepless nights to rest.

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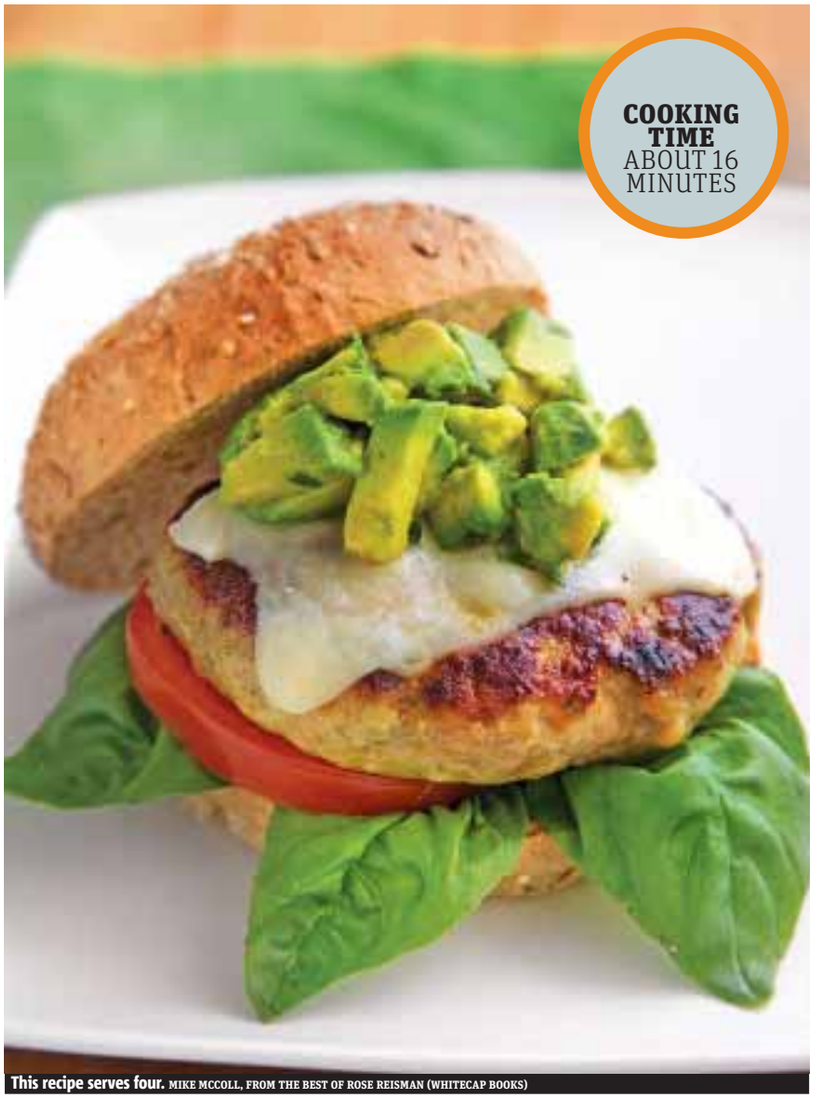
SHOPPERS DRUG MART

Grilled Chicken Pesto Burger: Give this summertime fave some California love



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Grilling Week. Victoria Day officially launches barbecue season. Let Metro help kick it off with a week's worth of ideas for outdoor dining

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Come May Long Weekend, barbecue season will be in full swing. For my part, I love cooking up a great tasting burger.

In recent years we're being warned about ingesting excess amount of beef, so my go-to burger is a lean chicken patty, which screams "California cuisine" thanks to its lovely presentation and fresh approach. Just to compare, a ground 4 ounce beef burger will have close to double the calories and fat of a ground white chicken burger.

There's nothing better than a homemade burger, which gives you control of everything you're adding.

I like to buy a combination of both white and dark ground chicken, but you can use just white if you don't have both on hand.

The great flavour of this burger comes from the secret ingredient — pesto — which is added right to the meat.

I like to make my own pesto when basil is in season and freeze it in small containers for use all year. You can visit rosereisman.com for pesto recipes. You can also use store-bought pesto, but keep in mind that they tend to have excess oil, making them much higher in calories and fat.

The toppings of cheeses, avocado and tomatoes make this dish a winner.

You can prepare these burgers up to a day in advance. Simply cook them just before serving.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Combine the ground chicken, egg, seasoned bread crumbs, homemade or store-bought pesto, crushed garlic, minced green onions, and salt and pepper.

2. When the ingredients for the patties are fully combined, form the mixture into 4 burgers.

3. Either grill or bake the burgers at 425 F until they are no longer pink, about 8 minutes per side, or until internal temperature reaches 165 F. Add the cheese and cook just until melted.

4. Place the cooked burgers on a multi-grain bun and garnish with diced avocado, tomatoes and basil leaves.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb ground white and dark ground chicken
- 1 egg
- 1/3 cup seasoned dry bread crumbs
- 2 tbsp pesto sauce
- 2 tsp crushed garlic
- 3 tbsp minced green onions
- pinch of salt and pepper
- 4 thin slices Monterey Jack or aged cheddar cheese (about 1 oz)
- 4 multi-grain burger buns
- 1/4 cup diced avocado
- 4 slices ripe tomatoes
- 8 basil leaves (optional)

Nutritional information

Per serving	
• **Calories.** 304	• **Total fat.** 20.8 g
• **Carbohydrates.** 3.5 g	• **Saturated fat.** 7.6 g
• **Fibre.** 6 g	• **Cholesterol.** 100 mg
• **Protein.** 23.7 g	• **Sodium.** 361 mg

Let maple syrup sweeten up those fries

Sweet potato fries are a popular food trend today, replacing the typical white potato french fries. They are more nutritious than white potatoes.

In fact, sweet potatoes are truly a superfood: a medium sweet potato contains more than your daily vitamin A requirement, a third of your vitamin C intake and 15 per cent of your daily fibre.

They are considered a low-glycemic food, which controls blood sugar levels and contain antioxidants that may help in the fight against cancer.

But you should beware of these orange fries in restaurants and in the frozen section of your supermarket as they are always deep-fried, adding excess calories and fat.

You can cut the potatoes for this Sweet Potato Wedges with Maple Syrup recipe any way you want — into large wedges, chunks or thin fries. Just watch the baking time, since smaller pieces will require less time.

Ingredients

- 2 large sweet potatoes (about 1 1/2 lb), unpeeled and scrubbed
- 2 tbsp vegetable oil
- 4 tsp maple syrup
- 3/4 tsp cinnamon
- 1/4 tsp ground ginger
- pinch of nutmeg
- 3 tbsp chopped parsley

1. Preheat the oven to 425 F. Lightly coat a rimmed baking sheet with cooking spray.

2. Cut the sweet potatoes in half lengthwise and then cut each half into 3/4-inch strips. Place on the prepared baking sheet.

3. Combine all the remaining ingredients except the parsley in a small bowl. Brush half the maple syrup mixture over the sweet potatoes.

4. Bake in the centre of the oven for about 10 minutes per side, brushing again halfway through with remaining mixture. Garnish with parsley.

ROSE REISMAN

This recipe serves six. ROSE REISMAN

'Round the world wisdom

Add some levity to your daily load

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Taking on a difficult project will bring its share of ups and downs. To get to the finish line fastest, it is imperative to rapidly bounce back from the downs to minimize loss of momentum. And although it is counterintuitive, sometimes we need to increase our burden in order to lighten up.

A celebration in the sand

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

As I prepared to race the Gobi March, I became obsessed with what I would carry with me. In these events, runners must carry between 20-25 pounds on their backs: food, clothing, and sleeping gear, and a medical kit to meet safety standards.

The bulk of the weight is "fuel," the food that must deliver each runner in excess of 2,000 calories per day. In the Gobi, I probably spent 50 hours thinking about which foods would go into my pack. My final choices were calculated to extract the highest energy output for the lowest possible weight.

As I would discover, maximizing output is more than just a numbers game. Running the Gobi taught me how indulging in small luxuries can lead to a better end result. This lesson came into play in my subsequent races in the Atacama and Sahara, where my small indulgences would get me through the rough parts.

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party. My friend Louie packed his cherished homemade salamis, adding four pounds. An Italian team carried full dinnerware and a tablecloth to cement their own celebration.

Is it best practice to smoke cigars and drink champagne after running a marathon, knowing these items add 25 per cent more weight to your backpack? Of course not! However, if you are looking to bounce back after a tough day, then having tactics to fill yourself up with joy may in fact help you spring forward.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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metro

NURSING WEEK

Monday, May 12, 2014

Celebrating a profession

Achievements. Nurses use their experience and knowledge to achieve better health for all of us

National Nursing Week (May 12-18) is an opportunity for nurses to reflect and celebrate their profession's achievements. SHUTTERSTOCK

JANE DOUCET
For Metro

In Canada, National Nursing Week was first officially celebrated in 1985 to highlight nurses' contributions to the well-being of Canadians.

The international celebration of nurses and their many areas of practice is held the second week of May, this year from May 12-18.

"National Nursing Week is an opportunity for nurses to reflect and celebrate their profession's achievements," said Barbara Mildon, the president of the Canadian Nurses Association. "We stop and think about what we do to help patients."

The theme of this year's National Nursing Week is Nursing: A Leading Force for Change. According to Mildon, it's about nursing leadership in better health at all stages of their careers.

"Nurses use experience and knowledge to achieve better health for Canadians," she said.

This comprises the 300,000 registered nurses in our country, along with all of myriad other types of nurses, including licensed practical nurses and nurse practitioners.

There are two challenging issues facing nurses today. The first has to do with recruiting more nurses, then working to retain them so they don't leave the country to work elsewhere and they don't leave nursing altogether after a few years.

"We want to keep our nurses in Canada and in the profession," Mildon said.

The second issue has to do with the increasing number of Canada's vulnerable patient populations, especially seniors and First Nations groups. Seniors are living longer, which means they are dealing with chronic diseases and dementia, which, in many cases, requires more complex care and treatment.

First Nations' peoples may be facing poor nutrition, addiction and suicide. Poverty may be an issue for both groups, which can lead to a decline in physical and mental health.

"For these Canadians, we'll be advocating for an increase in community care and home care," Mildon said.

Although nursing comes with many challenges, Mildon advocates that it's a wonderful career choice in which you can make a real difference in people's lives. And there are so many areas of nursing to pursue.

"Nursing careers are so diverse and there are lots of opportunities to do so many interesting things."

Feedback. Take a moment to say thanks to your nurse

If you have been fortunate enough to have been cared for by a nurse who made you feel like you were safe and in good hands, you already appreciate nurses. If you have yet to encounter such an experience, National Nursing Week (May 12-18) is the perfect time to think about the important roles nurses play in our health-care system.

"When people understand the work of nurses, appreciation follows," said Barbara Mildon, the president of the Canadian Nurses Association.

According to Mildon, nurses get great satisfaction from the feedback they receive from patients and their families — their input may help enhance the way they provide future care. And there is nothing nicer than hearing someone express their gratitude.

"A simple thank you is more than enough," she said.

Some people might send a heartfelt thank you card or drop off a bouquet of flowers for the nursing station, while others might deliver gift baskets or gift cards.

"Whatever is in your heart is the right thing to do," Mildon said.

Nurses get great satisfaction from the feedback they receive from patients and their families. SHUTTERSTOCK

On a recent work-related trip to Prince Edward Island, Mildon recalled visiting a local community health centre. The centre's director, who took Mildon on a tour of the facility, was a former registered nurse who had worked in the area.

As Mildon and the director walked through the front doors, an elderly woman spotted the director.

"Her face lit up like a Christmas tree," Mildon said. "Then she came over to give the director a hug."

It turned out that when the director was a home-care nurse a decade earlier, she had cared for the woman's husband, who was dying from cancer. The nurse had helped both the man and his wife prepare for the peaceful death he was able to have at home.

"The connection of that woman to the nurse was still strong after all those years," Mildon said. "That's the power of nursing."

JANE DOUCET

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RPN role has evolved

RPNs look after less complex patients with predictable outcomes. SHUTTERSTOCK

Aiding. Advancing learning allows RPNs to bring more knowledge into workforce

YLVA VAN BUUREN
For Metro

When Christine Peacock graduated more than 30 years ago as a registered nursing assistant (RNA), her job consisted of assisting patients with activities of daily living such as bathing, eating, and helping them get up.

"If there were any patient concerns, you went to your RN or charge nurse for help," said Peacock, a longtime employee of the Niagara Health System in St. Catharines, Ont.

Not anymore. Patient care is so different today because both categories of nurses have evolved in the level of knowledge they bring to the workplace, said Dianne Martin, executive director of the Registered Practical Nurses Association of Ontario.

RPNs (registered practical nurses) and RNs (registered nurses) have much more in-depth education requirements and knowledge, she said. While they both study from the same body of nursing knowledge, RNs obtain a four-year bachelor's degree in nursing (and greater depth and breadth of foundational knowledge) while RPNs go to school for two years and receive a diploma.

In the workplace, RNs, in general, look after the more complex patients who have less predictable outcomes. RPNs look after less complex patients who have a little bit more predictable path of care. A PSW (personal support worker) often provides daily living support.

"More RPNs working to their full scope of practice means RNs will be freed up to care for more complex patients," said Sharleen Stewart, president of SEIU Healthcare, the health-care union representing RPNs in Ontario.

As an example, Peacock, now an RPN, is responsible for the care of her assigned patients including the assessment, delivering medications, and the treatment outcome.

Continuing education a must for nurses

Today's nurses are entering workplaces that are complex and diverse, thanks in large part to the growing number of senior citizens with extended lifespans, many of whom are living with chronic diseases and dementia.

In Canada, 50 per cent of new nursing graduates will be going to work in hospitals and dealing regularly with life-and-death situations.

"This is just the beginning of their careers," said Cynthia Baker, the executive director of the Canadian Association of Schools of Nursing. "There's a lot more learning that needs to be done in a wide variety of practice areas."

The Canadian Nurses Association has specialized certification courses and exams for registered nurses who have been working for at least two years. Some of the specialized nursing areas include mental health, public health and intensive care. The courses are offered part time and partly online so nurses can keep working while they are studying

Quoted

"It's part of provincial requirements for nurses to keep their licences that they will be lifelong learners."

Cynthia Baker, executive director of the Canadian Association of Schools of Nursing

The purpose of ongoing professional development is to deepen skills and knowledge in a particular area of nursing in order to enhance patient care. With advances in medical research, what might have been deemed a "best practice" in treatment and care a few years ago may no longer be considered to be so today.

At the upcoming national nursing conference in Halifax later this month, nursing educators will be discussing the changing needs of Canadians. JANE DOUCET

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The Ottawa Hospital started one of the first hospital-based, nurse-focused social media campaigns. CONTRIBUTED

Ottawa hospital gets social media savvy

Tech trend. Online resources allow access to newest research

YLVA VAN BUUREN
For Metro

The Ottawa Hospital is using social media to provide its nursing community access to information and access to each other.

TOH Nurses, the hospital's social media campaign for nurses, integrates Facebook, Twitter, Pinterest and Instagram pages and hosts live tweets and tweet chats. It serves as one of the communication tools to nurses across three campuses and numerous satellite sites.

"We're able to engage really great discussions online," said Jennifer Jackson, adviser for the Centre for Nursing Excellence and the social media facilitator.

All the tools are valuable for sharing information, and everyone can share their knowledge, she said. Also, while traditional medical journals are still important sources, social media provides access to information that is new and continuously being generated.

The innovative social media campaign — among the first hospital-based, nurse-focused, open access media campaigns anywhere — attracted more than 1,000 subscribers in the first four months, engaging the nursing community at the hospital and from across Canada and the U.S.

The campaign is also open to the public on Facebook, said Maggie Kennedy, who helped develop TOH Nurses.

Practical nurse puts things in perspective

On the floor. Everyone stepped up: Kelly Brew

"When we first came into nursing, the RNs (registered nurses) really loved us because we did all the bedside care such as keeping the patient and the room clean, making sure they ate properly, and teaching them to get in and out of bed and to walk. That freed up the RNs' time to make sure things were done properly and medications were monitored and administered properly."

Everything is different now, said Kelly Brew, a registered practical nurse (RPN) at Westpark Healthcare Centre, a rehabilitation centre in Toronto. She has worked with patients who are recovering from major events such as an accident, stroke and brain injuries for the last 12 years.

Kelly Brew CONTRIBUTED

Brew graduated in 1992 as an RNA (registered nursing assistant), then went back to school in the late '90s to upgrade and earn the RPN designation.

As an RPN, Brew has a bigger picture of the patient and does the assessment, treatment and follow-up.

"This depth of knowledge is so beneficial to the patient."

The changes in responsibility have understandably caused challenges in the workplace. As the RPN education increased, RNs and RPNs started to overlap some of their responsibilities. Even though they were complementary to each other, there was some conflict because of the crossover.

Brew says it's important to have harmony among health-care workers in the workplace and suggests the employer can help set the tone.

"Role clarification and re-education is integral to co-operation. A vision statement centred on patient outcomes keeps people paddling in the same direction towards a common goal, which is patients' health."

YLVA VAN BUUREN/FOR METRO

MLB

Angels' Conger blasts off vs. Blue Jays in Toronto

Hank Conger homered and drove in five runs to power the Los Angeles Angels to a 9-3 victory over the Toronto Blue Jays on Sunday afternoon.

Conger had a run-scoring double in the fourth to put the Angels ahead 3-1, then belted a three-run shot in the sixth to make it 6-1 before a Rogers Centre gathering of 20,871. He singled to drive in another run in the ninth that put Los Angeles ahead 8-3.

Drew Hutchison (1-3) yielded just three hits but struggled with his command and lasted only 4 1/3 innings for the Jays.

THE CANADIAN PRESS

Premier League

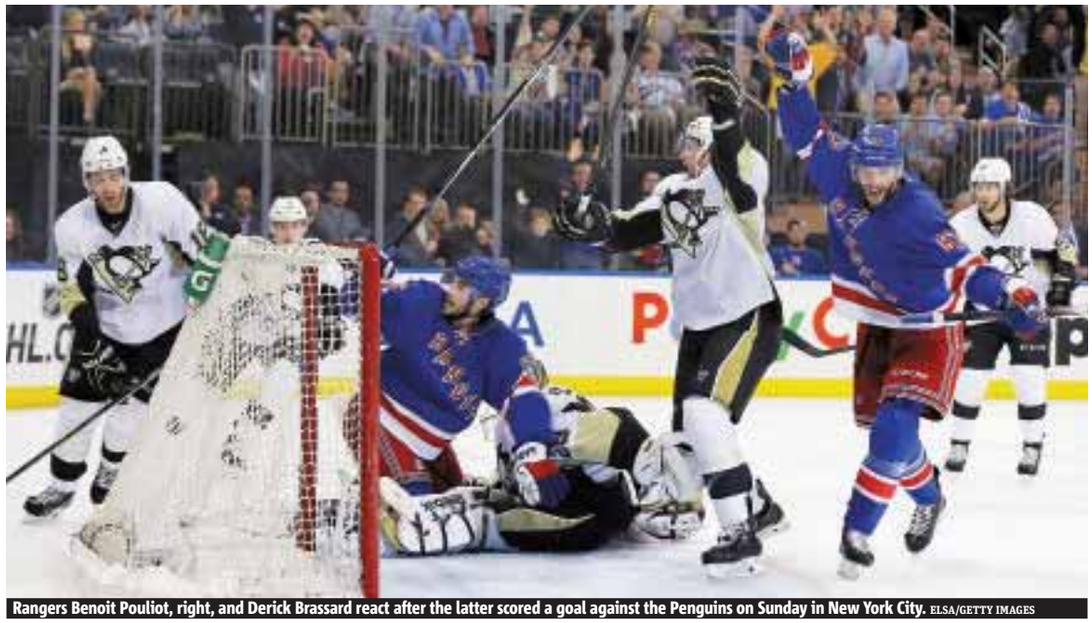
Man. City earns 2nd title in 3 years

Manchester City won the Premier League for the second time in three seasons on Sunday, completing its campaign with a comfortable 2-0 victory over West Ham that lacked the drama of its previous title.

Unlike the stoppage-time comeback required in the 2012 title decider, goals by Samir Nasri and Vincent Kompany provided a more serene end to what had been an exhilarating season.

"This year, we've really come on strong at the end when we needed to," City goalkeeper Joe Hart said.

THE ASSOCIATED PRESS



Rangers Benoit Pouliot, right, and Derick Brassard react after the latter scored a goal against the Penguins on Sunday in New York City. ELSA/GETTY IMAGES

Resilient Rangers rally to force Game 7

NHL playoffs. After trailing 3-1 in the series, New York travels to Pittsburgh with chance to oust Pens

Game 6

Rangers	Penguins
3	1

Martin St. Louis and Carl Hagelin scored 2:51 apart in the first period, and Henrik Lundqvist made 36 saves and the New York Rangers avoided elimination again with a 3-1 victory over the Pittsburgh Penguins on Sunday night.

The matchup between the Metropolitan Division rivals will be decided in Game 7 at Pittsburgh on Tuesday night. The Penguins, who led the series 3-1, failed in their first attempt to advance to the Eastern Conference finals with a 5-1 home loss on Friday.

Derick Brassard pushed the Rangers' lead to 3-1 in the second period. Brandon Sutter scored the lone goal for the Penguins, who got 26 saves from Marc-Andre Fleury.

This was a far cry from New York's disheartening 4-2 home loss in Game 4.

The Rangers are 9-2 in their past 11 games when facing elimination, dating to Game 6 of the first round in 2012 at Ottawa. New York has never won a series it trailed 3-1.

New York scored the all-important first goal, St. Louis' third of the playoffs that had Madison Square Garden rocking just 3:34 in.

St. Louis capped off an emotional Mother's Day with his father and sister in attendance, just three days after his mother died suddenly.

St. Louis heard cheers of "Mar-ty, Mar-ty" during his first shift that grew louder after his goal.

THE ASSOCIATED PRESS

Openly gay Sam feeling like 'first draft pick'

Michael Sam cries as he talks on a mobile phone after he was selected in the seventh round by the St. Louis Rams on Saturday. ESPN/THE ASSOCIATED PRESS

For an image gallery of the NFL draft, scan the image with the Metro News app

Michael Sam waited and waited. Hours passed, rounds came and went, and eventually, there were only eight more picks left on the third and final day of the NFL draft.

For just a moment, it looked as if his chance of being picked by a pro team and becoming the league's first openly gay player might take a detour. Or at least be delayed.

The call finally came Saturday from the St. Louis Rams, the team right down the road from where Sam played his college ball at the University of Missouri.

Sam was selected in the seventh and final round and admitted it was a frustrating wait. He said teams that passed on him chickened out and he should have been drafted sooner.

"From last season alone, I should've been in the first three rounds. SEC Defensive Player of the Year, All-American," Sam said. He stopped short of directly saying his stock dropped in the draft because he came out.

"You know what, who knows? Who knows? Only the people who sit in the war room know," he said. "They saw Michael Sam, day after day they scratched it off the board. That was their loss. But St. Louis kept me on that board. And you know what? I feel like I'm a (Jadeveon) Clowney, a first draft pick. I'm proud of where I am now."

Sam came out as gay in media interviews earlier this year. His team and coaches knew his secret and kept it for his final college season. He went on to have the best year of his career: He was the co-defensive player of the year in the NCAA's best football conference and had 11.5 sacks.

When Mike Kensil, the NFL's vice-president of game operations, walked to the podium and said: "The St. Louis Rams select ... Michael Sam ..." the fans gave a hearty cheer, chanting "Yes! Yes! Yes!" and "Michael Sam!"

THE ASSOCIATED PRESS

4 SPORTS

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How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		3		4		1	9	
	1	9						
			5					4
3		8	6					
9			1		4			7
					3	5		8
5					2			
						4	6	
	4	2		9		7		3

Friday's Sudoku

3	8	7	2	5	4	1	6	9
5	9	1	6	7	8	3	4	2
2	6	4	9	1	3	7	5	8
8	4	9	5	3	1	6	2	7
6	1	5	7	8	2	4	9	3
7	3	2	4	6	9	5	8	1
9	5	3	1	2	6	8	7	4
4	7	8	3	9	5	2	1	6
1	2	6	8	4	7	9	3	5

Horoscopes

♈ Aries
March 21 - April 20
Rivals seem to know what you are doing, even when you are not sure. That puts you at a disadvantage. Either be more secretive or find ways to tap in more effectively to what's going on around you.

♉ Taurus
April 21 - May 21
Be true and resist temptation to cut corners merely because no one can stop you. This is a great time for group activities and it will be even better if you are all working together on the same ethical level.

♊ Gemini
May 22 - June 21
With Mercury, your ruler, linked to ambitious Mars as the new week begins, there is no reason why you should not reach the top of the tree in your chosen career. Yes, you do have what it takes.

♋ Cancer
June 22 - July 23
Trust your instincts and keep on trusting them even when the powers that be say you've got it all wrong. Listen to what your inner voice is trying to say and then act on what it tells you. You don't need any other advice.

♌ Leo
July 24 - Aug. 23
Something you have kept secret for a long time will come to the surface over the next few days. In a way it will be a relief as you will no longer have to play games and pretend to be who and what you know you are not.

♍ Virgo
Aug. 24 - Sept. 23
Don't try to keep your thoughts to yourself today because loved ones will be able to read on your face what it is you are hiding. Be honest about what is going on in your head and your heart.

♎ Libra
Sept. 24 - Oct. 23
Some things may seem funny to you but not everyone will laugh at your jokes today. Most likely it's because they resent you being the centre of attention all the time. That's too bad — the limelight is there to be hogged.

♏ Scorpio
Oct. 24 - Nov. 22
This is a positive and potentially passionate time for you but to make the most of it you have got to be more outgoing. Let those you are attracted to know that you are interested — don't leave them guessing.

♐ Sagittarius
Nov. 23 - Dec. 21
Try not to come on too strong when debating with others. You may have all the best opinions and the facts and figures are certainly on your side but make allowances for those who don't share your passion for the truth.

♑ Capricorn
Dec. 22 - Jan. 20
You seem amazingly open at the moment, which is great. But watch out you don't let slip information that it might be sensible to keep to yourself. You don't have to tell everyone about everything.

♒ Aquarius
Jan. 21 - Feb. 19
If you are looking for ways to make money you will come up with plenty of ideas over the next 24 hours. The only danger is you may do nothing with them. One good idea acted on is better than a dozen that just sit there.

♓ Pisces
Feb. 20 - March 20
You will be more inclined than usual to take risks. So long as they are calculated risks that's fine – you will come to no harm and could even make money – but if you act recklessly the fall could be spectacular. SALLY BROMPTON

Up-to-date scores
Canada TOP 5

1. **178 points,** Saudah - *Toronto*
2. **157 points,** Brad - *Ottawa*
3. **155 points,** Niramay - *Toronto*
4. **155 points,** Samir - *Toronto*
5. **147 points,** Ritik - *Vancouver*

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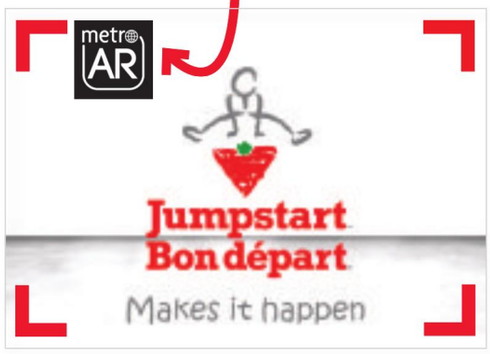
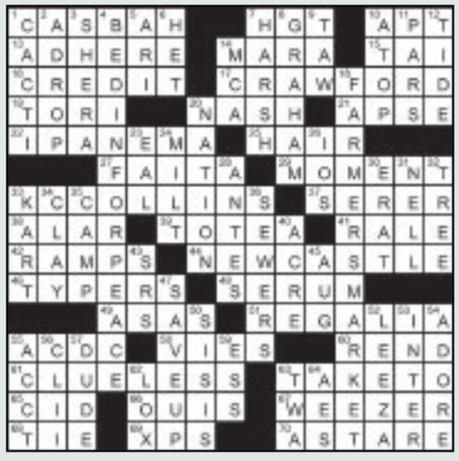


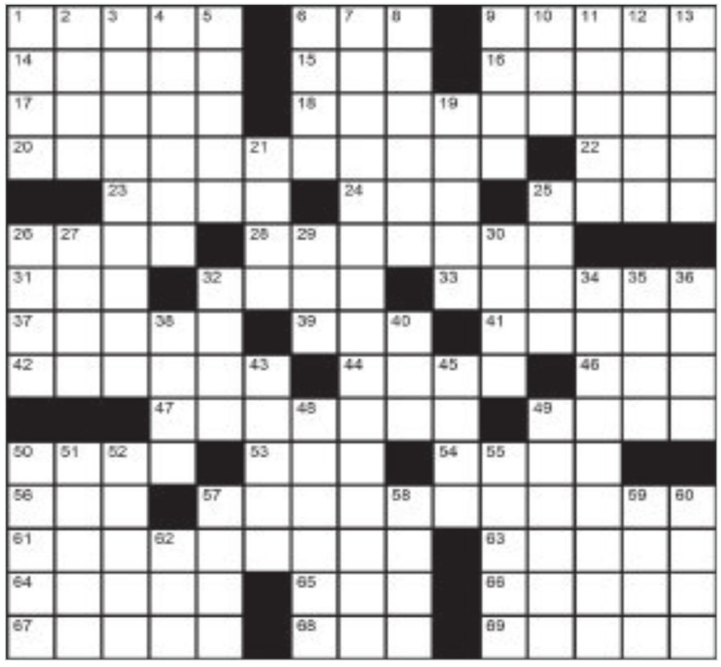
Friday's Crossword



Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Ottawa's 'Parliaments', e.g.
6. Canadian broadcaster Erica
9. Mark __ ('Shark' on ABC's "Shark Tank")
14. Off-white
15. PBS funding org.
16. Repent
17. __ closet
18. British band, The __ (See #7-Down for more!)
20. William and Harry's dad, one day: 2 wds.
22. Meshwork
23. Title in Turkey [var. sp]
24. Israel: __ Aviv
25. Tidying target
26. Pouches
28. Montreal-born actress Rachelle
31. 'Smell'-meaning prefix
32. Mr. Bridges
33. Dodges
37. Important exam
39. "Unpretty" group
41. Inference
42. 'The New Classic' Australian artist Iggy
44. Retreat
46. Vintage record label
47. "__ Annie" (1933) starring Canadian actress Marie Dressler
49. Acme
50. Inventor, Thomas __ Edison
53. Lummox
54. __ __. Hall: "Harper Valley P.T.A." songwriter
56. US auditing agcy.
57. __-__ (Like green rocks)
61. Instrument for Canadian musician Walter Ostanek
63. Thwart
64. Canadian actress Ms. Katic
65. Baby bear
66. Toxin type
67. Stephen __, Bank of Canada governor
68. Utah's capital [acronym]
69. Chooses

Down

1. Defraud
2. Nero's 57
3. Iroquoian Chief of Stadacona (Present-day Quebec City)
4. Musician Mr. Allman's
5. Harmonization, briefly
6. One-named singer
7. Song by #18-Across that goes "She's been gone such a long time...": 4 wds.
8. Actress Ms. Matlin
9. Bus alternatives
10. __ possidetis (As you possess, at law)
11. 'Sea' suffix (Carried by the ocean)
12. South American mountains
13. Soarer's structures
19. Inquire
21. Healthy
25. Honey drink
26. Furniture piece
27. NBC's "Parks and Recreation" star Mr. Ansari
29. Dine
30. Campsite visitor, e.g.
32. Cordon __ (Great chef)
34. British Columbia: Sparwood attraction 'Terex Titan' is a gigantic what?: 2 wds.
35. "Behold!" to Brutus
36. Classic record label
38. Edmonton's prov.
40. Motorists org.
43. Be kind, Do _ __ turn
45. Be not-nice, Stick __ __
48. ABCs
49. Joni Mitchell song that goes "The drone of flying engines..."
50. Audibly amazed
51. 'Milk'-meaning prefix
52. Singer's helper, __ Coach
55. Blatant
57. "I'm Yours" singer Jason
58. "Squawk Box" network
59. Ms. Brickell, Paul Simon's wife
60. Shelters
62. Lennon's love

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